

Combating Information Fatigue: Health Information Resources for Veterans and Their Families



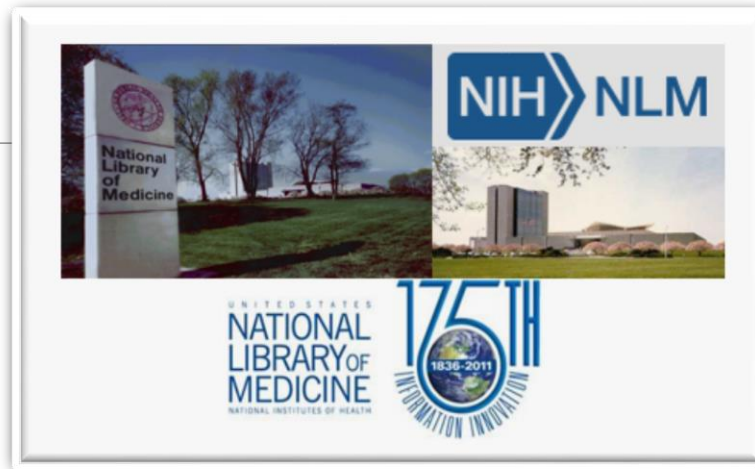
KATE FLEWELLING AND LYDIA COLLINS

NATIONAL NETWORK OF LIBRARIES OF MEDICINE,
MIDDLE ATLANTIC REGION

National Library of Medicine and the National Network of Libraries of Medicine



U.S. National Library of Medicine



Division of the National Institutes of Health (NIH)

- World's largest biomedical library
- Produces free, authoritative electronic health information resources
- 130+ health information databases (PubMed & MedlinePlus)
- Not a commercial vendor
- Government tax dollars at work!

<http://www.nlm.nih.gov>



National Network of Libraries of Medicine (NN/LM)



NN/LM, formerly Regional Medical Library Program

Established in the Medical Library Assistance Act (1965)

Mission

- Provide health professionals and the general public with equal access to biomedical information

Coordinated by the National Library of Medicine

8 Regional Offices

- Support Network members to achieve NN/LM mission
- 5-year contracts



<http://nnlm.gov/>

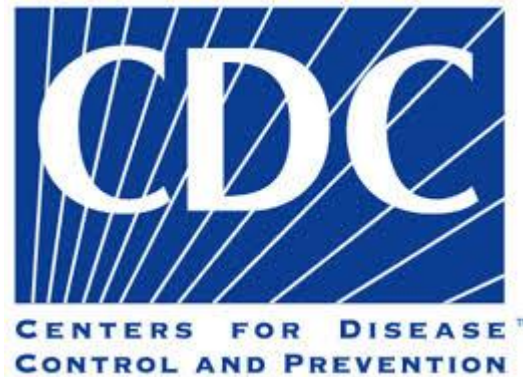
A large, three-dimensional red question mark sculpture is positioned on a sidewalk. The sculpture is made of a solid material, possibly concrete or metal, and has a weathered, slightly textured appearance. It is situated next to a grassy area and a paved road. The question mark is the central focus of the image, and its size is exaggerated relative to the surrounding environment.

**Where do you go for
health information?**

"Question mark in Esbjerg" by Alexander
Drachmann is licensed under CC BY 2.0

Tips for Evaluating a Health Website

Consider the source -- Use recognized authorities



Beware of bias--What is the purpose? Who is providing the funding?

URL for Arthritis.com

versus

URL for MayoClinic Arthritis Definition

Focus on quality!

All Web sites are not created equal



KUMDANG-2 INJECTION

Kumdang-2 injections / Dosing course, contraindications. / Consultation Dr. / Where to buy /

Statistics on the disease. / lang.



Everyone has the right to be healthy!

Kumdang-2 injections



Official distributor in Europe.





Be a cyberskeptic!

Watch out for...

scientific breakthrough

secret ingredient

miraculous cure

ancient remedy

Look for the
evidence--Rely on
medical research,
not opinion

"20,679 Physicians Prefer It Toasted" by Flickr user
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20,679* Physicians
say "**LUCKIES**
are less irritating"

"It's toasted"

Your Throat Protection against irritation against cough

Check for
currency--
Look for the
latest
information



Protect Your Privacy!



"locked" by Flickr user
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Consult your health care provider



MedlinePlus & NLM Resources



MedlinePlus: Your Medical Google

MedlinePlus is the National Institutes of Health's Web site for patients and their families and friends.



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Health Topics

Find information on health, wellness, disorders and conditions



Drugs & Supplements

Learn about prescription drugs, over-the-counter medicines, herbs, and supplements



Videos & Tools

Discover tutorials, health and surgery videos, games, and quizzes



Having fun in the sun?
Be good to your skin!

Learn how on our [Sun Exposure](#) page.

[1](#)[2](#)[3](#)[4](#)

Today's Health News

[1 in 6 Americans Too Far from Lifesaving Heart Centers](#)

[Prenatal Gene Tests Can Sometimes Spot Cancer in Mom-To-Be](#)

Stay Connected

Sign up for MedlinePlus email updates

[GO](#)

MedlinePlus In a Nutshell



- Over 900 health topics in English and Spanish
- Drug and herbal supplement information
- Videos and animations
- Surgery videos
- Health Check tools
- Easy-to-read Materials
- Multiple Languages
- Medical Dictionary & Encyclopedia
- Health News

[Home](#) → [Health Topics](#) → [Veterans and Military Health](#)

Veterans and Military Health



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Photo Courtesy of U.S. Army/Justin K. Thomas

Summary

Military service members and veterans face some different health issues than civilians. During combat, the main health concerns are life-threatening injuries. These include

- Shrapnel and gunshot wounds

Get Veterans and Military Health updates by email [i](#)

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Veterans and Military Family Health

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Maj. William Thurmond/ U.S. Army

Summary

Service members and veterans face some different **health issues** from civilians. Their families also face some unique challenges. Families may have to cope with

- Separation from their loved ones
- Anxiety over loved ones' safety in combat zones
- Illnesses and injuries from combat, including disabilities
- Mental health effects of military service, including post-traumatic stress disorder

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Sun Exposure

Also called: Sunburn



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Get Sun Exposure updates by

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Diabetes

Also called: **Diabetes mellitus, DM**



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Get Diabetes updates by email



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Summary

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Talking With Your Doctor



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Summary

How well you and your doctor communicate with each other is one of the most important parts of getting good health care. Being prepared can help make the most of your visit. Here are some things you can bring:

Get Talking With Your Doctor updates by email [i](#)

Drugs & Supplements



Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

Browse by generic or brand name

A B C D E F G H I J K L M N O P Q R S T U V W X Y Z 0-9

For FDA approved labels included in drug packages, see [DailyMed](#).



Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

All herbs and supplements

Related Topics

[AIDS Medicines](#)
[Antibiotics](#)
[Antidepressants](#)
[Blood Pressure Medicines](#)
[Blood Thinners](#)
[Cancer Alternative Therapies](#)
[Cancer Chemotherapy](#)
[Cold and Cough Medicines](#)
[Complementary and Alternative Medicine](#)
[Diabetes Medicines](#)
[Dietary Supplements](#)
[Drug Safety](#)
[Herbal Medicine](#)
[Hormone Replacement Therapy Medicines](#)
[Over-the-Counter Medicines](#)
[Pain Relievers](#)
[Statins](#)
[Steroids](#)
[Vitamins](#)

Acetaminophen - (a set a mee' noe fen)

[Why is this medication prescribed?](#)

[How should this medicine be used?](#)

[Other uses for this medicine](#)

[What special precautions should I follow?](#)

[What special dietary instructions should I follow?](#)

[What should I do if I forget a dose?](#)

[What side effects can this medication cause?](#)

[What storage conditions are needed for this medicine?](#)

[In case of emergency/overdose](#)

[What other information should I know?](#)

[Brand names](#)

[Brand names of combination products](#)

[Other names](#)

Why is this medication prescribed?

[Acetaminophen](#) is used to relieve mild to moderate pain from headaches, muscle aches, menstrual periods, colds and sore throats, toothaches, backaches, and reactions to vaccinations (shots), and to reduce fever.

Includes Notices for product changes and Warnings

Drugs & Supplements



Drugs

Learn about your prescription drugs and over-the-counter medicines. Includes side effects, dosage, special precautions, and more.

[Browse by generic or brand name](#)

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For FDA approved labels included in drug packages, see [DailyMed](#).



Herbs and Supplements

Browse dietary supplements and herbal remedies to learn about their effectiveness, usual dosage, and drug interactions.

[All herbs and supplements](#)

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[Drug Safety](#)
[Herbal Medicine](#)
[Hormone Replacement Therapy Medicines](#)
[Over-the-Counter Medicines](#)
[Pain Relievers](#)
[Statins](#)
[Steroids](#)
[Vitamins](#)



[Acai](#) **NIH** (National Center for Complementary and Alternative Medicine)

[Acai](#) (Natural Medicines Comprehensive Database)

[Alfalfa](#) (Natural Medicines Comprehensive Database)

[Aloe](#) (Natural Medicines Comprehensive Database)

[Aloe Vera](#) **NIH** (National Center for Complementary and Alternative Medicine)

[Aristolochic Acids](#) (National Toxicology Program) - PDF

[Asian Ginseng](#) **NIH** (National Center for Complementary and Alternative Medicine)

[Astragalus](#) **NIH** (National Center for Complementary and Alternative Medicine)

B

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[Bacillus coagulans](#) (Natural Medicines Comprehensive Database)

[Belladonna](#) (Natural Medicines Comprehensive Database)

[Beta-carotene](#) (Natural Medicines Comprehensive Database)

[Bifidobacteria](#) (Natural Medicines Comprehensive Database)

[Bilberry](#) **NIH** (National Center for Complementary and Alternative Medicine)

[Garlic](#) **NIH** (National Center for Complementary and Alternative Medicine)

[Garlic](#) (Natural Medicines Comprehensive Database)

[Ginger](#) **NIH** (National Center for Complementary and Alternative Medicine)

[Ginger](#) (Natural Medicines Comprehensive Database)

[Ginkgo](#) **NIH** (National Center for Complementary and Alternative Medicine)

[Ginkgo](#) (Natural Medicines Comprehensive Database)

[Ginseng, American](#) (Natural Medicines Comprehensive Database)

[Ginseng, Panax](#) (Natural Medicines Comprehensive Database)

[Ginseng, Siberian](#) (Natural Medicines Comprehensive Database)

[Glucosamine hydrochloride](#) (Natural Medicines Comprehensive Database)

[Glucosamine sulfate](#) (Natural Medicines Comprehensive Database)

[Goldenseal](#) **NIH** (National Center for Complementary and Alternative Medicine)

[Goldenseal](#) (Natural Medicines Comprehensive Database)

[Grape Seed Extract](#) **NIH** (National Center for Complementary and Alternative Medicine)

[Green Tea](#) **NIH** (National Center for Complementary and Alternative Medicine)

[Green tea](#) (Natural Medicines Comprehensive Database)

Garlic

What is it?

How effective is it?

How does it work?

Are there safety concerns?

Are there interactions with medications?

Are there interactions with herbs and supplements?

Are there interactions with foods?

What dose is used?

Other names

Methodology

References

What is it?

Garlic is an herb. It is best known as a flavoring for food. But over the years, garlic has been used as a medicine to prevent or treat a wide range of diseases and conditions. The fresh clove or supplements made from the clove are used for medicine.

Garlic is used for many conditions related to the heart and blood system. These conditions include high blood pressure, high cholesterol, coronary heart disease, heart attack, and “hardening of the arteries” (atherosclerosis). Some of these uses are supported by science. Garlic actually may be effective in slowing the development of atherosclerosis and seems to be able to modestly reduce blood pressure.

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NIH SeniorHealth

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Health and wellness information for older adults from the National Institutes of Health.

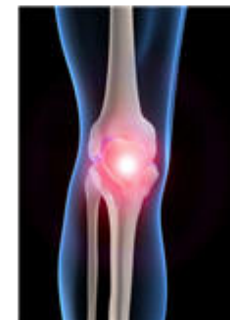
Health Topics by First Letter

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Categories

- [Bones and Joints](#)
- [Cancer](#)
- [Diseases and Conditions](#)
- [Healthy Aging](#)
- [Heart and Lungs](#)
- [Memory and Mental Health](#)
- [Treatments and Therapies](#)
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Featured Topic



Knee Replacement

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Bones and Joints

This category covers diseases and injuries to bones and joints.

- [Falls and Older Adults](#)
- [Gout](#)
- [Hip Replacement](#)
- [Knee Replacement](#)
- [Osteoarthritis](#)
- [Osteoporosis](#)
- [Paget's Disease of Bone](#)
- [Rheumatoid Arthritis](#)



This Topic

About Falls

Causes And Risk Factors

Making Personal Changes

Fall Proofing Your Home

Devices To Help Prevent Falls

Maintaining Bone Health

If You Fall

Frequently Asked Questions

Learn More

Falls And Older Adults Videos

Quiz Yourself

MedlinePlus For More Information

National Institute On Aging

Related Topics

Balance Problems

Osteoporosis

Falls and Older Adults

About Falls

Risk Increases With Age

Many people have a friend or relative who has fallen. The person may have slipped while walking or felt dizzy when standing up from a chair and fallen. Maybe you've fallen yourself.

If you or an older person you know has fallen, you're not alone. More than one in three people age 65 years or older falls each year. The risk of falling -- and fall-related problems -- rises with age.

Falls Lead to Fractures, Trauma

Each year, more than 1.6 million older U.S. adults go to emergency departments for fall-related injuries. Among older adults, falls are the most common cause of fractures, hospital admissions for trauma, loss of independence, and injury deaths.

Fractures caused by falls can lead to hospital stays and disability. Most often, fall-related fractures are in the person's hip, pelvis, spine, arm, hand, or ankle.

Hip fractures are one of the most serious types of fall injury. They are a leading cause of injury and loss of independence, among older adults. Most healthy, independent older adults who are hospitalized for a broken hip are able to return home or live on their own after treatment and rehabilitation. Most of those who cannot return to independent living after such injuries had physical or mental disabilities before the fracture. Many of them will need long-term care.



[Click for more information](#)

Get Started

Try These Exercises

Go to **My Go4Life**

Get Free Stuff

Be a Partner

Put some spring in
your step!

STAY ACTIVE



EXERCISE

Endurance exercise is good for
your heart.



NUTRITION

Maintaining a healthy weight is
important for your heart.



MOTIVATION

Get active with a friend or family
member!

NIH SeniorHealth

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An Exercise Story



[Click image to enlarge](#)

Name: William

Age: 86

Location: Massachusetts

Activity: Walking,

Running, Water Aerobics

A World War II veteran, I maintain an active lifestyle, enjoying hiking, skiing, and running. I started road-race and track competitions in my 60s, completed my only marathon (Boston) at age 67, and competed in many state senior games, as well as the Senior Olympics. Now, in my later 80s, regular aquatic exercise is helping me maintain strength and fitness. I wear a wet vest to keep buoyant. Chin-ups and stretching on a water workout station help to improve my upper body strength and flexibility. I exercise with bar bells in the vertical position, and I can do more in the water than I can on land for my abdominal strength and muscle balance. Deep water running is an important part of my fitness program; this full-body workout helps maintain my flexibility and stamina without the trauma on my knees as with running on land.

[More Stories](#)

Last reviewed: August 2006

Symptoms of PTSD

People with post-traumatic stress disorder (PTSD) constantly re-live the trauma they experienced while awake, and in nightmares while asleep. These are called flashbacks and may include images, sounds, smells, or feelings. They may be triggered by ordinary events, such as a door slamming or a car backfiring.

People with PTSD may startle easily, become emotionally distant especially with loved ones, lose interest in things they once enjoyed, be irritable, become aggressive, or even become violent. They may avoid situations that remind them of the traumatic incident. People with PTSD often have depression, too.

Symptoms of OCD

People with obsessive-compulsive disorder (OCD) have repeated and unwanted thoughts or images about things such as fear of germs, dirt, or intruders; violent or sexual acts; hurting loved ones; or being overly tidy.

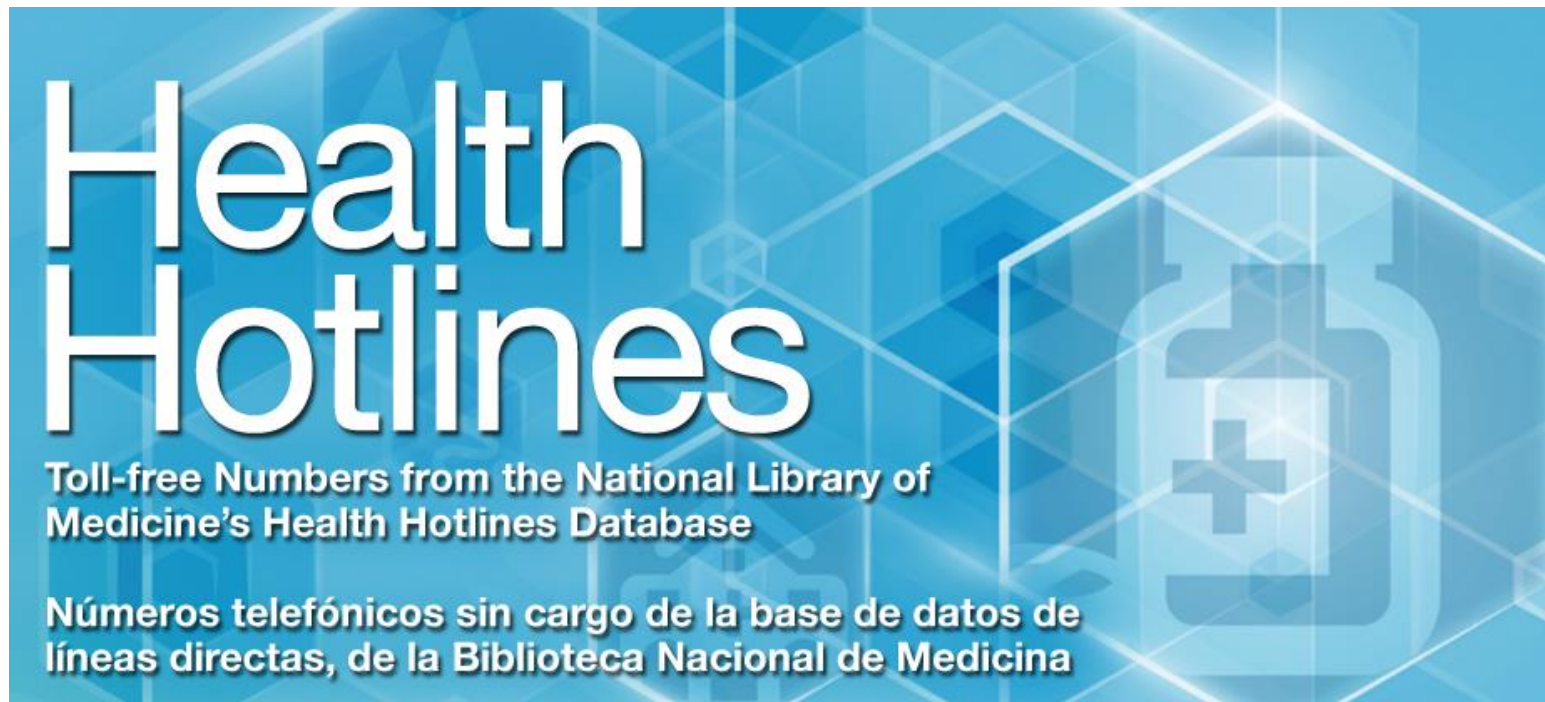
They conduct the same rituals over and over, such as washing

PTSD - One Vietnam
Veteran's Story



Video length: 5 min 23 sec
Click to watch this video

Health Hotlines



U.S. Department of Veterans Affairs Resources





Health

Benefits

Burials & Memorials

About VA

Resources

Media Room

Locations

Contact Us

ExploreVA

Learn about VA benefits you
may be eligible for.



Explore VA

Whistleblower Rights
and Protections

Benefits
Book Updated

Patient Access
Data Released

STAY CONNECTED WITH VA

For Veterans, dependents, and
survivors: information on benefits
and services delivered right to
your inbox.

Email Address

SUBMIT

Health Care

VA operates the nation's largest integrated health care system, with more than 1,700 hospitals, clinics, community living centers, domiciliaries, readjustment counseling centers, and other facilities.

Benefits

VA administers a variety of benefits and services that provide financial and other forms of assistance to Servicemembers, Veterans, their dependents and survivors.

Burials & Memorials

VA operates 131 national cemeteries in the U.S. and Puerto Rico. Burial and memorial benefits are available for eligible service members, Veterans, and family members.



PTSD: National Center for PTSD

PTSD

PTSD Home

- For the Public
- For Professionals
- About Us
- PTSD Awareness
- More Health Care

QUICK LINKS

Hospital Locator



AboutFace

Learn from Veterans how PTSD treatment can turn your life around. Meet Veterans...

[Learn more »](#)

PTSD and Trauma

PTSD Coach Online

AboutFace

Dial **1-800-273-8255** **PRESS 1**Text to **838255****Confidential Veterans Chat** **Support for Deaf and Hard of Hearing**I am **Veteran**I am **Active Duty/Reserve and Guard**I am **Family/Friend****Confidential Help for Veterans and Their Families****The Power of 1****Signs of Crisis****Resources****Get Help****About**

Welcome to the **Veterans Crisis Line** Website

The Veterans Crisis Line connects Veterans in crisis and their families and friends with qualified, caring Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text. Veterans and their loved ones can call **1-800-273-8255** and **Press 1**, **chat online**, or send a text message to **838255** to receive confidential support 24 hours a day, 7 days a week, 365 days a year. Support for **deaf and hard of hearing** individuals is available.

[More about the Veterans Crisis Line](#)

Are You a Veteran or Concerned About One?

Act Now

Dial **1-800-273-8255** **PRESS 1**
to talk to someone NOW **Confidential Veterans Chat** **Text to 838255 to Get Help NOW** **Take a Self-Check Quiz**

Learn Now

Identify the Warning Signs **Concerned About a Veteran? You Can Help** **Suicide and Crisis Resources**

Don't forget your local library!

The screenshot shows the Carnegie Library of Pittsburgh website. At the top, there's a search bar with the text "Search: search this site" and a "GO" button. Below the search bar, there are radio buttons for "this site" and "the Internet". To the right of the search bar, there's a red button that says "ask a librarian" and a link for "Email | Chat 412.622.3114". Below the search bar, there's a link for "More Internet Searches" and a "How Do I" dropdown menu.

The main navigation bar includes links for "HOME", "USING THE LIBRARY", "BOOKS, DOWNLOADS & MORE", "TOOLS & RESEARCH" (which is highlighted), "EVENTS", "LOCATIONS & DEPARTMENTS", and "ABOUT CLP".

Below the navigation bar, there's a "Catalog Search" section with a dropdown menu set to "Keyword" and a "GO" button. To the right of the search bar, there's a link for "ARTICLES, DATABASES & MORE" and a "MY ACCOUNT LOGIN" button.

The "Tools" section on the left includes links for "Ask a Librarian", "eTools", "Follow us on Twitter", "Homework Help @ Tutor.com", "Library Subject Guide", "Research Databases", "Search the Internet", "Search This Site", "WorldCat - Library Access", and "WorldCat - Remote Access".

The "Topics & Collections" section on the left includes links for "Art & Architecture", "Biography & Genealogy", "Books & Literature", "Business & Finance", "Current Topics & Controversies", "eCLP", "Film & Entertainment", "Food & Cooking", "Government & Law", "Grantseeking", and "Health & Wellness".

The "You Are Here" breadcrumb trail shows the path: "home / tools & research /".

The main content area is titled "Health & Wellness". It includes several sub-sections:

- Research Databases**: Access online subscription databases.
- Library Collection Help**: How to use the catalog and find material.
- Magazines & Journals**: A variety of magazines can be found in the Main Library. Most also provide information on their website.
- Education**: Resources for health careers in Pittsburgh.
- Diseases & Conditions**: Resources for heart disease, cancer, diabetes.
- Finding and Seeing a Doctor**: How to choose a doctor and what to ask him.
- Health Information for People who are Deaf, Deafblind, and Hard of Hearing**
- Medical Reference**: Major comprehensive print and online resources for health information.
- Medicines and Medications**: Find information about the drugs your taking.
- Minority Health**: Resources for African Americans and other minorities and reports about healthcare disparities.
- Organizations**: Directories to health organizations and support groups in Pittsburgh.
- The Affordable Care Act for You and Your Family**: Sources for evaluating health care plans and insurance.
- Prevention & Wellness**: How to prevent disease, eat healthy, and keep fit.
- Senior Health**: These are resources geared specifically to health issues of aging.

Text Size: A A A

Thank You

Lydia Collins, Consumer Health Coordinator

Kate Flewelling, Outreach Coordinator

National Network of Libraries of Medicine, Middle Atlantic Region

<http://nnlm.gov/mar/>

nnlm@mar.pitt.edu



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